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A UNIVERSITY COURSE IN INDUSTRIAL HYGIENE.

SYLLABUS OF A LECTURE COURSE IN INDUSTRIAL HYGIENE AS GIVEN AT THE UNIVERSITY OF CALIFORNIA.

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For the past six years the department of hygiene of the University of California has provided a two-unit lecture course in industrial hygiene, during the spring semester, consisting of 28 lectures, supplemented with readings and surveys. The instruction is as practical and definite as it is possible to make it, fully illustrated by diagrams and lantern demonstrations. Students are advised to visit industrial plants for the purpose of observation and criticism. Two mid-term examinations and a final written examination are required for passing the course. This course is well attended by students in economics, engineering, and forestry, and by others interested in industry who have had previous courses in academic hygiene. The subject matter is treated in four parts so as to group the material specifically. To obviate repetition or overlapping of problems in sanitation or diseases that are fully discussed under Part I, they are only referred to if correlated with Part II.

PART I.—Temporary Industrial Centers: Mining, Lumber, Railroad, and Military Camps.

1. *Introductory remarks.*—The history and rise of industrial hygiene; its scope. The future of industrial medicine and surgery.

2. *Sanitation of camps.*—Temporary industrial and military camps. Location of sites; topography, from standpoint of water, drainage, and waste disposal. Camp layouts.

3. *Water.*—Sources of supply. Wells. Purification of water. Permanent and temporary projects. Dangers. Tests.

4. *Waste disposal.*—Dangers of soil pollution by fecal matter. Latrines and sanitary privies. Septic tanks. Garbage and manure disposal. Necessity for camp cleanliness. Incinerators of different types (illustrated).

5. *Housing.*—Tents. Bunk houses. Mess houses. Baths. Barns and corrals; relative importance of proper location. Sanitation, etc.

6. *Food.*—Well-balanced diet. Dangers from human and fly contamination. Food preserving. Diseases due to improper food and disease transmission through food handlers. Supervision of food, etc.

7. *Insects as disease carriers.*—Life history of the fly; prevention of breeding; means of destruction—flytraps and other measures. Bedbugs, lice, and fleas. Diseases transmitted by these insects and their economic relations to industry. Disinfection of beds and buildings. Delousing.

8. *Mosquitoes*.—As disease carriers of malaria and yellow fever. Life history of these insects. Difference between the varieties. Historical review of the discovery of these insects as carriers. Mosquito control. Treatment of human carriers.

9. *Other camp enemies*.—Hookworm, venomous reptiles, poison oak and ivy, the venereal and human-carrier perils.

10. *Camp diseases*.—Typhoid and other gastro-intestinal diseases. Respiratory and other communicable infections. Value of vaccination. Newer conception of isolation. Isolation quarters.

11. *Mining*.—Mine gases: Explosions; prevention. Rescue and resuscitation methods.

PART II.—Factory and Occupational Hygiene.

12. *Factory*.—Factory history. Types of shops. The modern factory. Sites. Description. Interiors. Standards for toilet, drinking, and washing facilities. Disposal of factory wastes.

13. *The worker*.—Women in industry. Child labor. Necessity for personal hygiene. Clothing. Care of the teeth and skin.

14. *Industrial physiology*.—The human machine. Fatigue. Muscular tonus. Rhythm in industry. Overwork. Output. Rest. Day and night work. Men versus women in industry. Economic relations.

15. *Industrial lighting*.—Artificial and natural lighting. Consequences of defective lighting. Need for supervision. Standards. Excessive light. Eyestrain. Preventive measures.

16. *Ventilation*.—Physiology. Recent research. Air changes produced by human beings. Harmful effects of stagnant air, high temperature, and humidity. Standards. Mechanical ventilation. Dust removal. Excessive heat. Sunstroke and heat exhaustion. Use of instruments: Psychrometer, anemometer, and thermostats.

17. *Special occupational disorders*.—Disorders of the eyes and ears. Dermatic disorders. Results of fatigue. The neuroses, occupational cramps, etc. Effects of heat and cold. Postural defects. Effect of special mechanical appliances such as the air hammer and other tools. Processes involving exposure to occupational infectious diseases, such as anthrax.

18. *Toxic gases, fumes, and vapors*.—Ammonia, aniline, benzol and benzine, chlorine, methyl alcohol, carbon monoxid and dioxid, sulphur dioxid, "dope" poisons, phosphorus, T. N. T., soot. Symptoms and prevention.

19. *Toxic metals*.—Lead, mercury, arsenic, chrome, brass, etc. Symptoms and prevention.

20. *Dusty trades*.—Classification of dusts. Effects of dusts upon the skin and lungs. The tuberculosis problem. Morbidity and mor-

tality statistics. Determination of amounts of dust. Prevention: Use of mechanical appliances, wet and electrical processes. Discussion of exhaust devices; respirators. Importance of medical examination of employees.

21. *Occupational diseases due to harmful environment.*—Caisson disease. Divers and submarine operators. Aviators and high altitude. Symptoms and prevention. Decompression chambers for tunnel workers. Explosives. Gas warfare. Electrical shock. Rescue methods. Artificial respiration.

PART III.—Industrial Accidents and Safety Measures.

22. *Accident prevention.*—The personal factor in accident causation. Relation to age, sex, ignorance, physical unfitness, carelessness, overcrowding, poor illumination, unsuitable clothing, defective machinery and structures. Falling. Unclean conditions. Monotony of work. Speeding and long hours.

23. *How to organize for safety.*—Safety committees. The duty of the employer and employee.

24. *Safety measures.*—Special problems of certain industries. Safeguards in general. Safety devices for the worker. Statistics.

25. *Factory fires.*—Origin and spread of fires. Control and prevention of fires. Loss of life due to fires. Fire escapes. Fire drills. Rescue. Burns.

PART IV.—Health Supervision, Welfare Work and Workmen's Compensation.

26. *Medical supervision.*—Purpose and advantages. Dispensary and hospital facilities. Medical and dental service. Public health nurse. First-aid stations and instruction. Physical examination of employees. Accident records.

27. *Welfare work.*—The sociology of industry. Factory inspection. Rest and locker rooms. Baths. Restaurants. Recreational activities. Community and home conditions. Reclaiming the tuberculous and the cripples of industry.

28. *Workmen's compensation.*—Legislation for prevention of occupational diseases. Notifiable diseases. Health insurance. Reports.

THE SEAMEN'S SERVICE CENTER OF NEW YORK CITY IS OPENED.

The Seamen's Service Center of New York City, directed by the United States Public Health Service in cooperation with the American Red Cross, was established for the purpose of assisting merchant-marine seamen entering the port of New York.¹ It has recently

¹ For a more complete account of the Center, its aims and purposes, see Public Health Reports, Jan. 9 1920, pp. 65-69.